



## Personal support is here for you

You don't have to take on your health goals alone. Our Behavioral Health Case Management program is here to help you and your loved ones manage your behavioral health condition every step of the way.

This service will pair you with a case manager — they will be your personal advocate as you partner to work through any concerns, big or small. All of our case managers are licensed mental health professionals who are trained to help you take control of your health. Together, you will take steps to improve your mental well-being and quality of life.

### What to expect

- During your first call, your case manager will ask you about where you are in your care journey and what you hope to achieve. After that, you'll make a plan together that will empower you to reach your goals.
- Your case manager will work with your doctor to make sure you're receiving the right care. They can also connect you with helpful local and online resources, and confirm you're taking advantage of all the benefits your health plan offers.
- They'll stay in touch as you work toward your goals. You can talk through any issues you're facing along the way.

If you want to learn more about our Behavioral Health Case Management program, please call Member Services at the number located on the back of your ID card.



### Change your mind. Change your life.™

Your Behavioral Health Case Management program also includes access to Emotional Well-being Resources, administered by Learn to Live. Emotional Well-being Resources offers digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness — at no extra cost to you.

**To join: Log in to [anthem.com](https://www.anthem.com), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.**



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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